

fractures. The fact remains that the less a doctor knows about a subject the more he needs to rely on books and the experiences of others.

INTRODUCTION TO HUMAN PHYSIOLOGY. By William D. Zoethout, Ph.D., Professor Emeritus of Physiology in the Chicago College of Dental Surgery (Loyola University). 138 Text Illustrations and 4 Color Plates. The C. V. Mosby Company, St. Louis, 1948. \$4.00.

This book was designed for "the reader desirous of obtaining a fundamental knowledge of the operation of the human body but having no previous knowledge of the basic sciences of Physics and Chemistry." Like many books addressed to such an audience the present work is both elementary and superficial. Moreover some of the statements found in this book are clearly wrong. Thus on page 257 one finds the surprising and erroneous comment on insulin that, "It is now made synthetically; this greatly reduced its cost." As insulin is a protein and as no protein has yet been synthesized, this mistake implies either carelessness or serious lack of information. On page 48 the production of alcohol and carbon dioxide from glucose by yeast is attributed to *an* unorganized ferment. This process, as is well known, involves not one but a whole series of enzymes. The discussion on glycolysis (page 77) would lead the reader to consider lactic acid a key substance in carbohydrate degradation instead of the by-product which the work of Meyerhof and others has shown it to be. The book as a whole impresses the present reviewer as labored and uninspired. It cannot be recommended to any reader who desires a discussion of the fundamentals of physiology which is illuminated by intelligence and insight.

TEXTBOOK OF GYNECOLOGY. By Emil Novak, M.D., F.A.C.S., Assistant Professor of Gynecology, The Johns Hopkins Medical School; Third Edition. The Williams & Wilkins Company. 1948. \$8.00.

While the Textbook of Gynecology by Emil Novak is designed primarily for the student and practitioner, a trained Gynecologist will enhance his knowledge tremendously if he reads this well planned third edition. Elimination of operative technique makes possible a comprehensive treatise of the entire subject in some 500 pages of written material. Original illustrations, as well as those borrowed from other authors, depict the lesions and further embellish the descriptive material. The color photography is outstanding.

The chapters on cancer, adenomyosis, myomas and diseases of the vulva are particularly valuable. To the reviewer they best exemplify Dr. Novak's ability to correlate, clarify and summarize a large amount of material without losing any important factors. If you have heard the author speak on these subjects, it brings to mind the pleasant, stimulating conversational style which few teachers possess.

In two short paragraphs the vaginal smear method of diagnosis is carefully evaluated and will give the practitioner an answer to the patient who comes for "the simple test of diagnosing cancer," as publicized by the lay press.

In the discussion of total versus supravaginal hysterectomy on page 322 I quote, "The long continued discussion as to the relative advantages and disadvantages of the two techniques has pretty well crystallized in the viewpoint that the total operation is the one of choice, and it should be selected unless there is present some contraindication imposed by the local conditions in the case of great obesity, unusually deep pelvis, fixation of the uterus by extensive pelvic endometriosis or pelvic inflammatory diseases, or by the surgical limitations of the operator. In my own work, something like 75 per cent of hysterectomies are of the total variety." This seems to summarize in a concise, critical and unbiased manner the opinion of Gynecologists of the present day.

For therapy, the chapter on the menopause and the general discussion of gynecological organotherapy should discourage physicians who resort to the use of "shots" for every conceivable alteration of menstrual function and the associated vasomotor symptoms.

This book is a monumental volume to the author's ability and should be available in every medical library, both public and private, worthy of the name.

MENTAL HEALTH, A Practical Guide to Disorders of the Mind. By John H. Ewen, F.R.C.P.E., D.P.M., Physician and Lecturer in Psychological Medicine, Westminster Hospital; Medical Superintendent, Springfield Mental Hospital, London; Formerly Examiner in Psychological Medicine, Royal College of Surgeons, England. With a Chapter on Special Treatments and Their Practical Technique, by C. Friedman, M.D. (Vienna), L.R.C.P.&S., Ed., Registrar and Tutor, Department of Psychological Medicine, St. Thomas's Hospital. Psychotherapist, The Tavistock Clinic. Medical Officer, Insulin Therapy Clinic, Springfield Mental Hospital. The Williams & Wilkins Company, Baltimore, 1947.

The authors have written along lines of a textbook on psychiatry, with much more emphasis upon the diagnosis and treatment of the psychotic states with which they have apparently had more experience. The young physician who is entering institutional psychiatric work will find it more useful than the doctor who would prefer more psychological insight into the emotional problems of the patients he sees in his everyday practice. Comparatively little space is given to the discussion of the psychoneuroses, and almost none to the general conceptions of psychosomatic medicine. The chapter on "Specialized Treatments and Their Technique" includes descriptions of electrical convulsion treatment, insulin therapy, malarial therapy, prefrontal leucotomy, continuous narcosis, and narco-analysis, and this is concisely written and, on the whole, quite adequate in presentation. The conditioned reflex treatment for chronic alcoholism might have been included here, but apparently this method has not achieved the popularity it has assumed in the United States.

More emphasis upon the psychodynamic formulation of psychological disorders would have helped to improve this text. Such a statement as "Emotional shock considered from the organic viewpoint is a form of auto-intoxication and may produce the same effects on the mental life as the organic shock resulting from fevers and poisons" needs further elaboration. The author considers lactation an "exhaustive state," and the psychoses occurring during and after pregnancy as "organic reaction types of mental disorder," although he states "possible psychogenic factors must receive adequate consideration." This is still a controversial problem, but there is accumulating a large body of evidence indicating that psychological factors play a considerable role in the mental illnesses associated with pregnancy and the post-partum period. Most authorities would disagree with the author's statement that "epilepsy considered from the mental point of view is a progressive disorder culminating in terminal dementia." This might be true of some of the institutionalized epileptics, but these constitute only a small percentage of the large group of extramural epileptics. Such a fatalistic point of view would deter therapy which would prove so useful in this disorder. The section on "Legal Aspects of Mental Disorder" refers primarily to British law, much of which is not relevant to the practical problems with which the physician must deal in this country, although there is much of a general character in the principles laid down which could prove useful to the reader.

This book cannot be recommended as providing an adequate description on modern concepts in psychiatry because of its lack of presentation of the details of psychodynamic formulations of emotional problems.